

FREE

Ageing Well



Creating an age-friendly shire

Edition 10 – September 2021

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Share your story with us!

Send contributions (max 250 words) to ageingwell@cardinia.vic.gov.au

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Email: ageingwell@cardinia.vic.gov.au
Phone: 1300 787 624

Seniors festival 2021

The Victorian Seniors Festival kicks off in October. Cardinia Shire Council and Casey Cardinia Libraries will host the Ageing Well Cardinia event.

See page 4 for details...



Gardening – the metronome of life

Gardening is one of the few activities that enables us to synchronise with the changing seasons. Garden spaces provide a haven to help us slow down and appreciate the nourishment that nature provides. From the Second World War Victory Gardens movement to modern day planter boxes on patios and balconies, living green spaces have transformed people’s health and wellbeing for many years.

“Gardening is the metronome of life that brings rhythm, familiarity, hope and action to the day to day.” (Costa Georgiadis, 2020)

To enjoy gardening, you do not need experience or a qualification, just a pair of gloves. In fact, gardening is quite affordable, doesn’t need much space and the degree of difficulty is up to you. It is a great outdoor activity. You can feel the sun on your back, breathe fresh air into your lungs and listen to the beauty of nature.

Our Shire has its own mix of community gardens, each established and maintained through local community involvement. Here, you will find a mix of generations, people from all walks of life, toiling away side by side, sharing a connection with nature. These gardens host workshops, working bees and events throughout the year (see page 2. for details).

So, how does your garden make you feel?

We asked local residents for their thoughts on gardening:

- gardening gets me outside to be more physically active
- my garden helps me maintain normality in my life
- sunshine and birdsong - there is such positivity in gardening
- neighbours commented how much they love watching the progress in our garden
- my garden is satisfying and therapeutic.

We also asked local garden enthusiast Edie about her love of gardening.

Her story is on page 2.



Share your story

Gardening – the metronome of life (continued)

Garden chat with Edie

Edie from Pakenham describes herself as a keen gardener, always willing to try something new. She has found kindred spirits through her gardening group, which meets regularly to share a wealth of knowledge, camaraderie, and laughter. We hope Edie's passion for her garden inspires others. Thank-you to Edie for sharing her love of gardening.



What will you have in bloom this spring?

I'll have a mix of sunflowers, dahlias, alyssum, impatiens, gardenias and more. Herbs too - a basil-mint (mainly for the bees), dill, parsley and coriander. All easy and rewarding to grow. Freshly cut straight into your dishes – yummy!

Do you have to prepare the soil in any way?

I try not to disturb it too much unless I am taking out old stock. I use compost, manure, and trace elements.

What is the easiest thing for a beginner to grow?

I'd say tomatoes are easy and worth trying. They give a plentiful crop throughout summer and into winter. They need at least 4–5 hours sunlight per day. Pelargoniums and geraniums cuttings are easy to grow - straight into the ground with a bit of rooting powder.

Have you a special interest now?

I am trying to find spots for natives. When plants die off, I add grevilleas or bottlebrush.

Do you share your garden in any way?

Absolutely! That is half the fun – I swap cuttings and produce with family and friends. They often reciprocate. It's like having all the benefits of multiple gardens.

How long have you been in the Outlook Community Centre gardening club?

I joined 5 years ago and am still learning from other members. We are a very congenial and generous group of people. We have enjoyed outings to interesting places. During COVID-19 our gatherings have continued via Zoom. It's all great fun.

Finally, what is your top gardening tip?

Do not over water! Always wear a hat and sunscreen!

Visit a community garden or club near you

Cockatoo Alma Treloar Reserve

79 Pakenham Rd, Cockatoo
Phone: 0438 689 642
Email: hillscommunitygardenscockatoo@gmail.com
Phone: 5968 7000
Email: shirleyphillips1309@gmail.com

Garfield Community Centre

16 Beswick St, Garfield
Phone: 0466 496 107
Email: gcgarfieldcommunitygarden@gmail.com

Kooweerup Regional Health Service

235 Rossiter Rd, Koo Wee Rup
Contact: Brian
Phone: 5997 9687
Email: harlowb@krhs.net.au

Lang Lang Community Centre

7 Westernport Rd, Lang Lang
Phone: 5997 5227
Email: llcc@langlang.net

Outlook Community Centre

24 Toomuc Valley Rd, Pakenham
Phone: 5940 4728
Email: communitycentre@outlookvic.org.au

Upper Beaconsfield Community Centre

10–12 Salisbury Rd, Upper Beaconsfield
Phone: 5944 3484
Email: contactus@bncinc.org.au

For more information

South East Community garden directory
www.foodfromhome.org/community-gardens

Building social connections

New Ageing Well program builds social connections

The Ageing Well Community Connectors program has just rolled out to provide additional support to residents experiencing loneliness and social isolation.

Residents from Beaconsfield, Officer and Pakenham are eligible to participate in phase 1 of the pilot program. Further expansion into other areas in the shire are planned for early 2022.

Council has formed a unique partnership with the Officer Medical Centre. Clients aged 55 years and over considered suitable are being referred directly to this service. The Beaconsfield and Pakenham Community Centres are also involved, offering social, physical and interest-based programs.

This is a fantastic opportunity for those wanting assistance to reconnect and re-establish their social connections in their local community. Volunteers known as Ageing Well Community Connectors are ready,

willing, and able to meet those in need of guidance with appropriate information and support to link into activities and groups.

“Loneliness was identified as a significant issue for our older community,” Mayor Cr Brett Owen said.

“COVID-19 further exacerbated the situation. We recognise that good social connections are vital to our health in our later years.”

You or someone you know may benefit from participating in this program. If so, make an enquiry now.

For more information

Contact the Ageing Well team through Council's Customer Service on **1300 787 624** or email ageingwell@cardinia.vic.gov.au.

Peter's Story

Peter from Beaconsfield recently retired and didn't know what to do with so much free time. He heard about the Community Connectors program and rang Council's Ageing Well team to find out more.

He met Roger a Community Connector for a coffee. They chatted about his interests, hobbies and aspirations for the years ahead. Roger suggested they visit the local Probus group or OM:NI, an active retired men's social group.

Peter now regularly attends these groups. He says he feels so much better having found a group of like-minded, caring people that he can share his knowledge and life experiences with. He's currently getting help from a mate to sell his car online!



Victorian Seniors Festival 2021



Cardinia Shire Council Senior of the Year Award 2021

Congratulations Stan Hamilton the 2021 Senior of the Year Award recipient is Stan Hamilton. A resident of Upper Beaconsfield for many years, Stan has always contributed to the local community. He is most well-known for being a volunteer with the Upper Beaconsfield CFA, receiving a life membership for more than 60 years of service.

Stan has had a long-standing involvement in the Pakenham and Berwick shows, has been a community bus driver, raised funds for the Windermere Foundation and been part of the Yakkerboo Festival since the '70s.

Stan did his first 'hay run' for drought relief in 2005, taking surplus feed from his farm to Murchison and has continued to donate and deliver hay to farmers for the past 15 years.

He received a Pride of Australia award in 2005. We thank Stan for his significant contribution to our community.

Nominations for the 2022 Cardinia Senior of the Year open now.

Call Council's Customer Service Team on **1300 787 624**.

Just keepin' on

The 2021 Victorian Seniors Festival will be reimagined for yet another year!

The theme this year is *Keepin' On* – appropriate, given the ongoing challenges of COVID-19! Once again, the statewide program will include a variety of performances, interviews, storytelling, plays, serials and of course great music. It will be delivered in a similar format to last year's program through online video broadcasts and radio directly into your home.

To access performances go to:

www.seniorsonline.vic.gov.au/festivalsandawards

For radio programs go to:

www.seniorsonline.vic.gov.au/festivalsandawards/listen-now

For more information:

Call Victorian Seniors Card team on **1300 797 210** for participating radio stations.

Call Council's Customer Service team on **1300 787 624**

Visit www.cardinia.vic.gov.au/seniorsfestival



Seniors Festival from your home

Hosted by Cardinia Shire Council and Casey Cardinia Libraries

Unfortunately, our live event has been moved online due to COVID-19 restrictions. You are invited to listen to a fantastic mix of guest speakers who will entertain, inform, nourish and uplift you. Grab yourself a cuppa any time in the day, go to www.ccl.vic.gov.au/ageingwell and choose a video link to learn more. Enjoy.

How to enjoy a successful retirement

Presenter: Estelle Kelly

Estelle has a background in counselling, education and welfare. She understands the challenges that need to be addressed for people who find the thought of retirement overwhelming or confusing.

We all know what we are retiring from, less certain, is what we are retiring to. Whether recently retired, well into retirement or thinking about it, there is something here for you.

Uncertainty arises when we can't imagine our immediate world without work or our usual commitments. Gaining clarity on where we are at in life and exploring possibilities for the future reduces the uncertainty and provides an opportunity to reset personal goals for a fulfilling and meaningful retirement.

Enjoy this positive, uplifting, in-depth look at how you can enjoy a successful retirement. Explore the core principles that lead to success, enabling you to flourish.

Stay connected to loved ones through social media

Presenter: Ryan Quinsee

Our digital guru Ryan will cover the basics on how to navigate your way around social media. Learn how to use the online resources available at your local library, how to book a tech support session, and how to communicate safely with family and friends.

Family history for beginners

Presenter: Heather Arnold

Have you always wondered how to start researching your family's past?

Join Heather to learn the basics of researching family history – know where to start and discover where to look for information to build your family tree.

Be scam aware and safe online

Presenter: Greg Gebhart

Greg, from the office of the e-Safety Commissioner, will help you improve your online safety and awareness. Protect yourself from scams and know how to stay safe in the digital world. The office of the e-Safety Commissioner (e-Safety), is the one-stop shop for online safety advice and support. The e-Safety Commissioner has legislated powers that relate to cyberbullying, image-based abuse, illegal and harmful online content and aims to help all Australians have safe, enjoyable experiences online.

Hooked on books

Presenter: Donna Ratten

Donna will take you on a fun and informative journey with the latest great authors. Discover a broad range of reading formats available to all readers to enhance your library and reading experience.

Navigating the maze of home care services

Presenter: Karen Ivanka

Karen, from Council on the Ageing (COTA), will share an in-depth look at the national aged care system, including services, eligibility, application requirements and support from the Navigators Hub in Pakenham. COTA Victoria is the leading not-for-profit organisation representing the interests and rights of people aged 50+ in Victoria.

For 70 years, COTA has led government, corporate and community thinking about the positive aspects of ageing. Today, COTA's focus is on promoting opportunities for, and protecting the rights of, older Victorians.

Tech support and information

Phone Pakenham Library on **5940 6200**
or visit: www.ccl.vic.gov.au/ageingwell

Spring into the great outdoors

Venture outdoors this spring

Spring is a great time to venture outdoors and explore the shire's stunning parks and gardens. Here are a few popular walking trails to inspire you. Always make sure someone knows your plan before you leave, wear appropriate clothing and take plenty of water and snacks.

Eastern Dandenong Ranges Trail

13km between Emerald (Kilvington Drive) and Gembrook (Puffing Billy Station)

Suitable for bikes, prams and dogs. Mainly flat bushland with some steep sections. Multi-purpose trail linking Emerald, Cockatoo and Gembrook.

Shiprock Falls at Kurth Kiln Regional Park

Beenak Road, Gembrook | 10–20mins
300m to waterfall, trail passes majestic rock formations. Short, flat dirt trail to rock formation but steep trail to waterfall.

Highlight: scenic view, wildlife, rock formations

Lakeside Lake

Lakeside Boulevard, Pakenham | 1.5km loop (15–25mins)
Flat, sealed path

Highlights: Public art, water fountain, wildlife

Mt Cannibal Flora and Fauna Reserve Trail

Garfield North Road, Garfield North | 2.3km Loop (30–45mins)

Bush dirt track and very steep in places.

Highlights: Scenic vi



Shiprock Falls at Kurth Kiln Regional Park

Emerald Lake Park

Emerald Lake Park is 128 acres of natural bushland with much to enjoy, including stunning native and exotic trees, wildlife and over 10km of walking trails. Organise a picnic or have a barbecue. Try some recreational fishing in the lake, hire a paddle boat and if it's hot enough, plan to take a dip in the wading pool. You don't even need to plan an activity. Just relax on a rug and enjoy the magnificent lakeside setting. Public toilets and parking available.

More information

Customer Service on **1300 787 624** or visit www.cardinia.vic.gov.au/info/20036/emerald_lake_park

Local walking groups are great!

Why not join a walking group for some exercise and a good chat. Call your local neighbourhood house or community centre to find out when the walking groups meet. New participants welcome.

Beaconsfield:	8768 4400
Cockatoo:	0409 806 001
Emerald:	0490 805 743
Koo Wee Rup:	0419 405 404
Pakenham:	5941 1535 (indoor: 5941 1535)
Upper Beaconsfield:	5944 3484
Lang Lang:	5997 5704

More information

Customer Service on **1300 787 624** or visit www.cardinia.vic.gov.au

You can also call the Heart Foundation on **13 11 12** or visit www.walking.heartfoundation.org.au/walking

Respect in an ageing society

What is ageism?

Reproduced with permission from *The Real Old* by EveryAGE Counts

Why do we think older people are of lesser value than younger people?

We live in a society where youth is revered, and old age feared. Every ad for an anti-ageing product says 'old is ugly'; every forgetful old-timer joke feeds a cruel dementia stereotype; every 'grey tsunami' headline suggests living longer, healthier lives is a natural disaster that will destroy everything? Implicitly and explicitly, we've been fed the myth that young is better than old, since the day we were born.

So, it's hardly surprising most of us say and do things that are a bit ageist from time to time - often without knowing it. And older people can be the most ageist of all. Hardly surprising, but not right. Ageism has been called our last acceptable form of discrimination and it's far more widespread than most of us realise.

Ageism is a huge problem for Australia, as it affects the confidence, quality of life, job prospects, health and self-esteem of millions. And it denies our society the many economic and social benefits that flow from the full participation of everyone. As you'll see as you read on, growing older in Australia today is pretty good for many of us, but it could easily be better or even great for most of us - if we can just end ageism.

But how? Why do we get it so wrong? A good start is to blow a few absurd, outdated but widely believed myths out the water.

Research shows that, currently, most people's feelings about age and ageing are almost entirely negative. Many struggle to see anything positive in getting older, while simultaneously catastrophising everything negative.

There are great times, great opportunities and great challenges at every life stage, and to overcome the challenges, we need help from families, communities and society, whether we're nine or 90. It's called life.

No one's saying getting older is - or should be - a bed of roses. Some of us will become frail and experience cognitive decline; but not all of us and not nearly as many as the stereotypes suggest. Some of us will be lonely and grumpy - just as some 20-year-olds are lonely and grumpy. And there's no denying that older people are, by definition, closer to the end of their lives. But it's also true that many fear death less and are generally happier than in those younger decades.

If we're lucky, we'll all be older one day, and it can be an extremely satisfying and enjoyable part of our lives. If you are at a younger stage of life, one reason to get involved with ending ageism against older people now is that you'll also be ending discrimination against your future self. Think about it!

This piece originally appeared in *The Real Old*, produced by the EveryAGE Counts campaign.

Read more www.everyagecounts.org.au or contact the EveryAGE Counts campaign team at info@everyagecounts.org.au



Navigate the aged care services maze

We understand looking into the services available through the My Aged Care System and applying for home support services can be daunting. That's why Cardinia Shire Council and the Council on the Ageing Victoria (COTA) have teamed up to deliver an information service to assist you with your enquiries.

If you or someone you care for are considering applying for support to help maintain independence and stay living in your own home, this service can help.

For help to navigate the home care services maze and much more **see page 5 for details.**

Enquiries:

Go to www.ccl.vic.gov.au/ageingwell

This event has been moved online due to COVID-19 restrictions.



Pick up your newsletter!

If COVID-19 restrictions are still in place at the time of publication, collect your copy of Ageing Well from these pick-up points, local supermarkets, post office and general stores or download a digital copy from www.cardinia.vic.gov.au/ageingwell

- Woolworths Arena Princes Hwy, Officer
- Coles Village Lakeside, Lakeside Blvd & Princes Hwy, Pakenham
- Pakenham Post Office 117 Main St, Pakenham
- Woolworths Marketplace – Pakenham Central Marketplace, 55 Slattery
- Woolworths, 28 Sylvia Rd, Beaconsfield

- Bunyip IGA 2/6 Main St, Bunyip
- Koo Wee Rup Post Office 48 Station St, Koo Wee Rup
- Koo Wee Rup Woolworths 25/29-65 Station St, Koo Wee Rup
- Lang Lang IGA Port 30/32 Westernport Rd, Lang Lang
- Maryknoll General Store 2 St Joseph's Square, Maryknoll
- Tynong General Store 40 Railway Ave, Tynong

- Cockatoo IGA 5 Fairbridge Ln, Cockatoo
- Emerald IGA 342 Belgrave-Gembrook Rd, Emerald
- Emerald Woolworths 83-385 Belgrave-Gembrook Rd, Emerald
- Gembrook IGA 83-85 Main St, Gembrook
- Upper Beaconsfield Food Works 7&8/4 St Georges Rd, Beaconsfield Upper
- Upper Beaconsfield General Store 39/47 Beaconsfield-Emerald Rd, Beaconsfield Upper

The Ageing Well publication is supported by your councillors

Council contacts

Cardinia Shire Council Civic Centre

20 Siding Avenue, Officer
Open 8.30am–5pm,
Monday to Friday

Postal address:
PO Box 7, Pakenham 3810

Phone: 1300 787 624

Fax: 5941 3784

Email: mail@cardinia.vic.gov.au

Web: www.cardinia.vic.gov.au

After-hours emergencies:
1300 787 624

National Relay Service (NRS):

Customers who are deaf or have a hearing or speech impairment can call through the NRS. This is a free service.

TTY users phone 133 677
then ask for 1300 787 624.

Speak and Listen

(speech-to-speech relay)

users phone 1300 555 727
then ask for 1300 787 624.



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Creating an age-friendly shire